

(Foreward)

My purpose in life is not breaking world records, it is merely a catalyst to unite people for the common good, It has always been my dream to unite champions together, so that those with heart, and not just the privileged can be the very best, and/or break world records.

I work hard, and volunteer my efforts towards making my dream a reality – spiritual currency is as a Christian, what matters to me most.

My wife, said, my story was narcissistic, well it may be friends – I am a self admitted narcissist, I do strive for the Christian virtue of humility – but alas, I am still far from grace, I still wonder in my 38 years, “have I yet become a man,” and many times, “I simply don’t know.”

From Fantasy to Reality – The One-Arm Push-up on a Raw Egg – Darryl Learie



What is possible? Man cannot fly with-out the aid of some machine – false. If the conditions are right, say a hurricane or even a tornado, than a man can indeed fly for a time and although very improbable even land safely again when such pressures retire (although probably not a good idea).

The role of science is not to dictate, “What we cannot do” but rather explain, “How we did it.” And thus breaking records or any limits for that matter becomes not, “if” it can be done, but rather, “how” it can be done.

I remember after a time, I had joined RecordSetter.com (a place best described as the Wikipedia to record breaking, as Guinness would be the encyclopaedia to breaking records), my first mission was to upload those records (in wmv video format) I had set as far back as 1993.

And of course attain some recognition for those records I felt deserved much recognition.

It was not long before I became the 3rd most prolific record breaker on the site, not necessarily because of how many records I set, but because of how many of my own records I had broken. I ended being featured on the site a total of 6 times.

Aside from numerous editor picks, I wanted the next feature, I remember the first feature I had was at the time, “The longest eight finger plank on concrete (with-out thumbs) – 13.8 seconds.”

That day, something compelled me to take what was notable enough to be featured, and take it to a phenomenal level.

So I started training exclusively on the fingered planks, doing 3 to 6 sets each day – and raising my times by a second here, 2 seconds there, sometimes I broke my own eight fingered plank record by no more than fractions of a second.

My thought was that, improvement of a person’s physical capacity is infinite, and truly with-out limits. A person can always improve their original benchmark, if the exercise goes into the minutes at a time, that person can improve by a second, or at least a 100th of a second, or at the very least by a 1,000th of a second – even if by smaller increments of time, the possibility to improve is infinite.

But I would not say that an eight-fingered plank is a condition of world record status – it is by its own esoteric technicality if no one had done it before, and documented the task – a world record (by simplistic default).

After some time, my fingered plank was featured again – this time as a challenge (with a free badge to honour the winner) to all record setters on the site. I became worried, and eventually pushed myself to do my first six-fingered plank, which ultimately brought up my eight fingered planking time.

Currently my eight-fingered plank stands at 2 minutes, 29 seconds, however during those times I keenly remembered pushing the one-minute barrier on eight-fingers, and just how much it hurt at that time. There seemed to be times when I had to figure out for myself what was my limiting factor – the resulting pain in my finger joints, and tendons which ran through-out my hands or my truer physical ability?

I had also introduced into my record breaking arsenal, my plank just using the thumbs, record which also got its feature carrying the title, “world’s strongest thumbs?,” I believe my fist benchmark was no more than 10 seconds at best.

I knew I obviously did not have the world’s strongest thumbs, and in all honesty it was the one plank I despised the most. In fact, I hated the exercise, but that was the point – to do something hard, what is the point of setting an easy to break record?

With the thumb plank, even when I managed to push it up to my current record of 1 minute, 52 seconds – after the first 10 seconds, it would hurt! This meant for me anyways, the next 1 minute, and 42 seconds of enduring pain.

Eventually, I had implemented weights on the back to further the timing of my fingered planks, and even began to do eight-fingered and six-fingered push-ups.

Enter Out of Brooklyn, New York – Shaun McDaniel, I had come to learn through the site that on 2011, February 24th Shaun McDaniel broke Paddy Doyle's record of, "Most back of hand push-ups with 40 lbs on back in one minute."

The legendary Paddy had achieved 49 push-ups before Shaun had raised the bar to 63.

I was further inspired to somehow compete alongside these 2 legends, but I knew I lacked the physical stamina to do so, so I came up with a rather interesting plan.

I had seen the most elite listing of push-up world records on the recordholders.org site many times before (in fact my very dear friend, Charles Servizio was listed for his epic 46,001 push-ups in 24 hours). But I also had noticed in all the video was the use of protection (usually in the form of 1 inch mats).

So what if I strived to be a pioneer in a new raw criterion – No more protection, let's do everything on concrete (no mats, no gloves). So to compliment Shaun McDaniel's feat, I attempted my very first one-arm, back of the hand consecutive push-ups on concrete.

The first time I attempted the feat, it hurt with a most un-natural pain. I believe my first attempt yielded 2 one-arm, back of hand push-ups on concrete. I really hated these type of push-ups, it was akin to going to the dentist (you really do not want to do it, but you do so to get it over with – knowing you'll be happier after the fact).

I eventually reached 14 in total after multiple attempts, and introduced most one-arm knuckle push-ups on concrete – eventually completing 21.

If there was a notable exercise that hurt – I strived to tweak the conditions to make it worse.

This is the reality, if a record is within everyone's comfort zone – it will be broken a hundred times over. So this new ideology of pursuing hard records in strength and stamina with the added introduction of pain; would limit the competition considerably (people just don't like pain – neither do I).

If it was an exercise was an element of my current training, I would submit it as a record to the site. And rather than be distracted by other records set or broken by other record holders, I would simply continue focus on re-breaking my own records.

I knew I had to build a functioning philosophy of record breaking, first rule is humility – no record is forever, it is only how long will you get to keep your record before its broken by the next person. Every record achieved is like a flame – some burn-out quickly, while others only 'seem' to burn endlessly. I would reckon that each record achieved is the ignited spark resulting from that person's potential.

My second rule to my new philosophy was honesty; did we truly put 100 % effort into our achievement? I believe only twice in my life had I ever put 100 % effort into an achievement (usually its around 90 to 95 % effort).

During the concentration to utilize as many fibers of your muscles during an attempt, if you're thinking about anything outside of what you're doing – you simply cannot be putting 100 % effort into your

attempt. For it is our minds that control how much muscle we use in every task we do; from the softest touch to the hardest run.

A good analogy would be, how many more push-ups would Charles Servizio have done if some-one had a gun to his head or his children's? The whole 46,001 were done in 21 hours, 6 minutes.

(as a note I do not wish that upon anybody-especially my dear friend Charles, but it is a powerful analogy)

My third rule is; never ever be content with your last accomplishment – because 'he' or 'she' is out there, they just have not found you as of yet.

While I continued primarily setting or breaking records to compliment my finger planking – I always thought of one, Paul Henry Allen Lynch (UK). Paul Lynch achieved 124 one-arm, one fingered push-ups until his right index finger broke under the immense pressure of his forward leaning body weight.

Pain was not a bottle neck for this man, the only limiting factor for Paul was the physics that govern his body's physiology. This man reminded me with every new planking achievement – that I had not nearly reached my potential.

And so with every record I achieved, even my 2 one-arm push-ups on a steak knife blade, I feared that one person. And that one person would one-day come along and literally shred every record I had like a raging shark. As a note the steak knife blade was my attempt to learn if I was being limited by physical pain or by my body's physical limits – I had to know the answer if I were to do something great.

A Shark who was not only immune to pain, but absolutely loved pain; the pain would be like heroine to the shark. Not only that, the shark would be a perfect genetic specimen – perfectly built by nature, herself for the task at hand.

And with a platform such as Record Setter's where anyone can upload video proof of their accomplishment, and be almost instantly recognized – it would only be a matter of time (people almost have an instinctual need to be recognized for their accomplishments).

All I could do in all reality, is do my best in hopes of making the shark at least 'work and sweat' to break my record. It is simply the law of large numbers, the larger the sample, the greater probability of rare and phenomenal events occurring, and with the world population at 7 billion – well that's a large sample.

And as a species we are continually evolving, and mutating, consider a man born with unusually short arms in length, and the birth defect of no finger joints – well even my one-arm 3 fingered plank would be no more than a warm-up to such a man (even on a first attempt).

By now you're most likely wondering where the 'egg' comes in. Well after all efforts such as re-breaking my longest 8 fingered plank with 75 lbs on back 13 times over at 47 seconds, I was still getting no more features – I had to do something phenomenal.

In 2008, almost a year before I found Recordsetter.com, I had attempted a push-up on 2 eggs as inspired by, an Austrian, Johann Schneider who achieved 112 push-ups on 2 raw eggs.

I had used egg holders of various shapes, and sizes, and even went to further to padding the bottom of the egg holders with sponges, wet paper towels, wax, etc with no success. Dozens of times the eggs broke on me – each time I would be bleeding from the palms of my hands from being cut from sharp broken egg shells.

My record in 2008 was ½ a push-up on 2 eggs, which left me in awe of Mr. Schneider's most epic achievement.

Eventually, I had found a rather clever means to pull off the feat, and introduced the, most push-ups on 2 raw eggs while balancing an egg in my mouth – at the time my record was no more than 2 or 3 push-ups.

It was a great exercise, I had no choice but to hold the optimal balance not just so I would not crack the eggs in question but to keep that egg on the spoon in my mouth during the attempt.

I had begun practicing the nerve wrecking egged push-ups, many times I failed when the eggs would crack and my knuckles would slam into the concrete below leaving me with bruised knuckles.

However that would reflect the 4th rule of my philosophy, in that record breaking is about failure – not success. In record breaking, you will fail 99% of the time, and succeed just 1 % of the time, but it is that willingness to fail over and over again. I have failed far more in my life than succeeded.

Eventually I achieved 20 push-ups on 2 raw eggs while balancing an egg on a spoon in my mouth, and practiced other records like most one-arm push-ups while balancing an egg on a spoon in my mouth.

But I still needed to do something phenomenal.

So what if I strived to harden the criteria on Johann Schneider's record of 112 push-ups on 2 raw eggs, and made this attempt more impressive by its difficulty.

What if I accomplished one-arm push-ups on a single raw egg? One-arm is harder than two arms, and that would put double the pressure on that single egg.

I knew a man cannot crush an egg when squeezed between his palms, and there are some incredibly powerful men in this world – thus the egg could in theory take the pressure.

I had begun trying, what most people don't realise is that the pointy top part of the egg pushes unforgiving into the palm of one's hand – and I don't consider myself to have a particularly high pain tolerance (just being honest).

Make no mistake, I have pursued painful records, but they still 'hurt' very much, leaving me with the burdening question – why do I do this to myself?

My first attempts rendered mixes of egg yolk, and blood on my basement floor (those egg shells can be razor sharp). I worked endlessly on my form, and working out which part of my palm to press atop of the egg.

Sometimes, I cut my training short, my knuckles too bruised to try again – all dependent on the roughness of the concrete. But from my continued finger planks, and other not so comfortable one-arm achievements – I knew a part of me was getting used to and less fearful of certain pains to do with the hands.

One day, I achieved 3 one-arm push-ups on a single egg before the egg broke on me. In no time I submitted my crowning achievement to recordsetter.com. I was sure it would instantly receive a feature, but sadly no.

I went on, to do 5, 7, 11, 13, and eventually 16 one-arm push-ups on a single raw egg. Each attempt felt like a bit of a lottery roll (there was always a chance I would not get it on the next attempt).

Eventually, the record was featured on RecordSetter.com and would soon be up for vote of the possible top 10 records of 2011 for the site.

I contacted Ralf Laue, of The Alternative Book of Records and suggested the category to him; if you have a category for most push-ups on 2 eggs, why not one for 1 egg.

Ralf agreed, and it was my 16 verified by recordsetter's I had submitted to him, but he was not satisfied. The problem was achieving a 90 degree angle at the elbow – omg.

I knew for a fact if the arm bent a few degrees below 90 degrees, the forces on the egg would shift rendering the eggs arch built integrity useless through a misdirected vector of force applied.

At the time I did not even know, if it could be done, but I told Ralf, I'll do it – it may take months but I will do it.

I thought the 16 push-ups were of perfect push-up form, unfortunately angles can be deceptive, and thus Ralf wanted 2 camera's; one from the front, another from the side.

I knew I could get this on the most epic push-up listings of world records on the internet – I had too, that list is the first link to pop on line after one 'Google's' "push-ups" + "world records" (it must be seen by millions?).

I wanted to be, at least the pioneer of a new record category – to push what's possible into reality for all to see. Sure, it will be broken – that's a certainty, but I will have inspired others to push themselves in a stricter criterion than 2 armed, push-ups on 2 eggs.

(As a note the most push-ups I had ever done straight was 102, certainly not 112).

A couple months rolled by before I achieved 7 one-arm push-ups on a raw egg with straight back, legs close together, and elbow bending at 90 degrees for 2 cameras (front, and side).

That is the story behind this record.

“I am not the best, strongest, fittest, nor the fastest – I am just a man with enough heart to prove to my daughter, Raven Ashley Lapatak, that there are no limits to one’s potential.”

I love you, Raven you are by far, my greatest accomplishment.

I dedicate this piece to the following people (it is a long list but I realize that no-one succeeds alone, So many people to acknowledge and recognize; I would also like to recognize before the listing below, Paddy Doyle-1,500,230 push-ups in 1 year, Paul Henry Allen Lynch-124 1-finger push-ups, Doug Pruden (A fellow Edmontonian), Minoru Yoshida-10,507 consecutive push-ups, Johann Schneider, 112 push-ups on 2 raw eggs, and every record breaker who made the list (I believe we need to extend respect, and love to legends before, and after us);

My daughter, Raven Ashley Lapatak,



(My daughter, Raven Ashley Lapatak – I love you, Raven.)

My beloved grandmother, Tuovi Vastamaa/Koivisto (1925-12-25 to 2011-08-05),



My grandmother was closer to me than my own parents, she believed in what I did, what I stood for, and what I was about even when it seemed like no-one else at the time did.

My grandfather, Jalmari Vastamaa (1922-09-23 to 1998-02-11),



(Papa) "Never forget your grandfather"

SUOMEN PUOLUSTUSVOIMAT



Kunniakirja



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My grandfather, who I affectionately called, “Papa” always referred to me as “His son” – I remember when he told me about Russian tanks chasing him in world war 2, and how he, “Ran, like a hell,” I think to myself he had to do put out 100 % effort during the war just to survive (I have a choice-I choose to pursue my best, and suffer as a result hoping that in some esoteric and/or profound way, my world records honour him.

In 1942, August 8th my grandfather place 1st in the Finnish War Games – it only seems fitting I share his achievement. I once asked him, “When did you regret joining the army,” “The first day” was his reply – for years he was terrified every single day he had to fight in the fields.

My wife, Deborah Strobel,



My friend Shaun McDaniel,

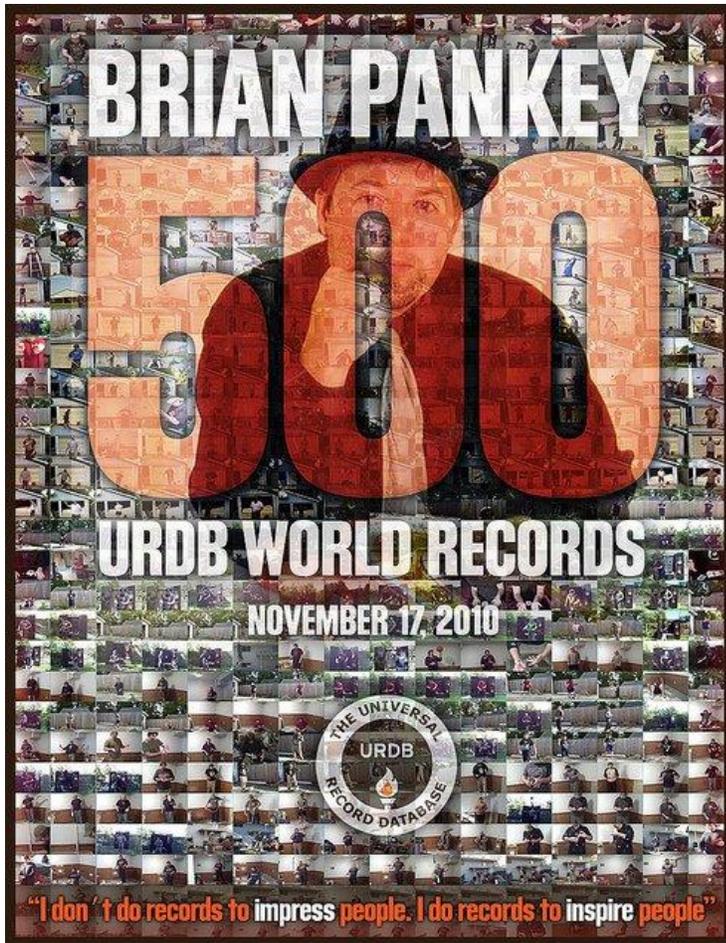


Shaun McDaniel inspired me to pursue more pain in my attempts, we do these records because they are hard, what is the point of setting an easy to break record?

On RecordSetter.com, Shaun broke Paddy Doyle's record of "Most back of hand push-ups with a 40 lb pack in 1 minute at 63 push-ups."

And my fantastic friends who encourage all my efforts, and growth with such positivity;

Brian Pankey,



Doug McManaman,



Doug McManaman – Canada's Balance King

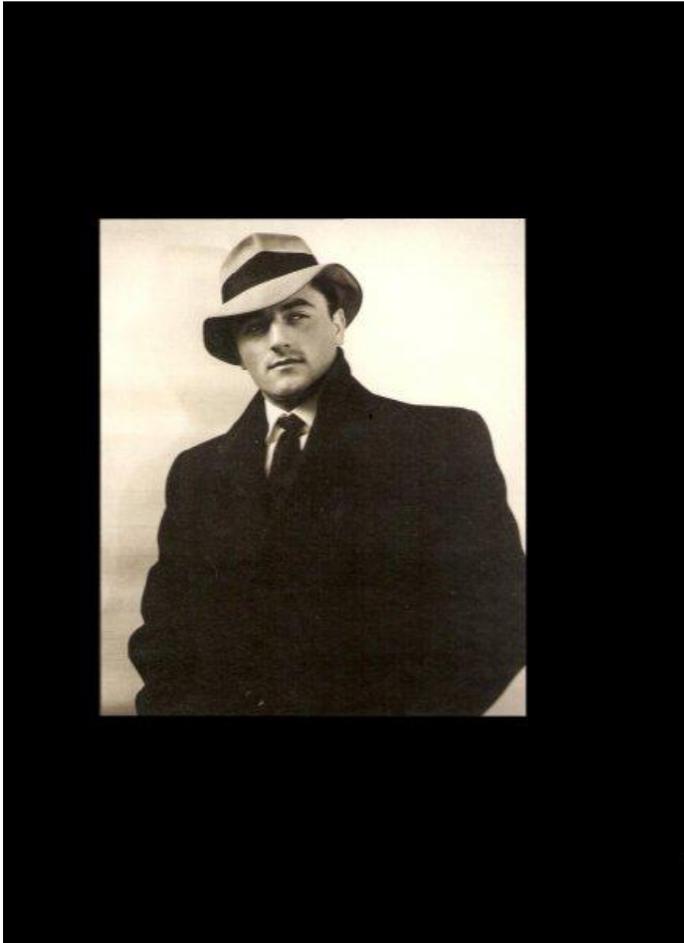
Peter Craig,

My friend Peter is awesome, I thank him dearly for his invested interested in what I do.

Dinesh Upadhyaya,

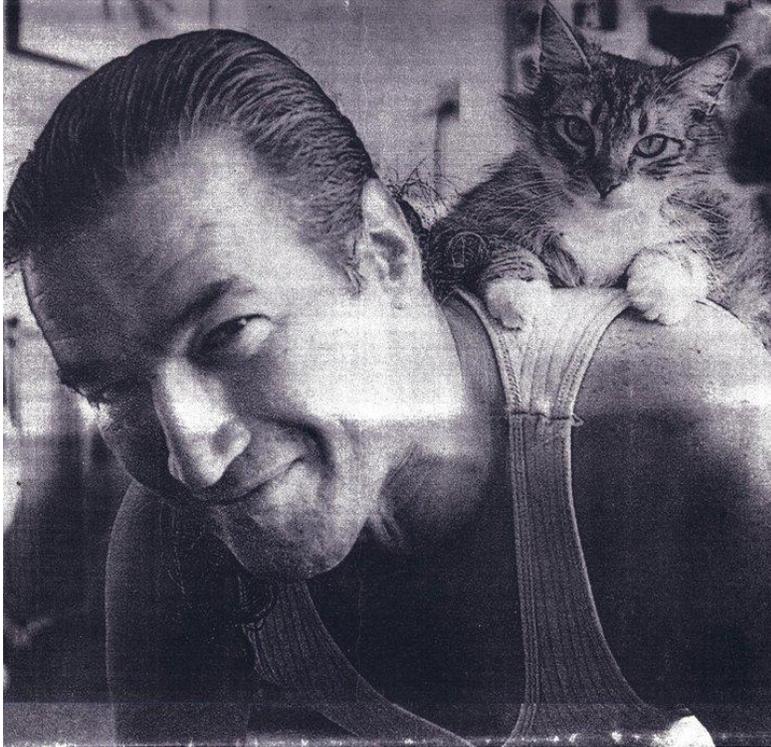
Andy Pelphrey,

Flavio Codarin (Superflo on YouTube),



The Italian Legend, at 70 years of age, Falvio Codarin accomplished an amazing 1,200 push-ups with 40 lbs on his back in just 1 hour.

Charles Servizio, (46,001 push-ups in 24 hours)



Charles Servizio a dear friend, and my, 'hero' – Charles fell into greatness, when his tough as nails, war veteran father pushed him into wrestling, 'because a man should be tough', Charles was a failed high-school wrestler, so his coach punished him with push-ups.

Charles found that he could resolve his stress, and emotional issues through the push-ups anywhere, and thus the exercise became a spiritual affair for him.

At the time, he had no idea Guinness published records for push-ups, and thus the school teacher held world record push-up marathons to support various schools, and animal shelters. Charles never made a penny from his efforts but helped many many people both as a school teacher, and an animal advocate.

Charles even traveled to support my 2nd world record effort in a fundraiser I had heard in Edmonton, he traveled thousands of miles to support my cause on his own pocket money – in his words, "does it matter which community I help?"

Dan Rollman,

The president of recordsetter.com, he gave us newer generation of record breakers a platform to be recognized – which greatly inspired my training.

Corey Henderson,

Co-Founder of recordsetter.com

Antonio Companer,



I remember watching a video of Antonio, doing 170 consecutive push-ups – this proud Italian has got soul!

Eddie Sargent, (US Air Forces – 4th Fighter Wing)



Eddie Sargent, has an incredible work ethic, humility, heart, and the right intention – he is a champion in his own right, I believe in this man-so much so I would personally stake my own life on it. Remember Eddie, size has nothing to do with strength, and heart will always overcome muscle.

Paul Graham,

Paul also works for Fusion Canada here in Edmonton, Alberta, and Fusion West Edmonton have made my dream of my first fundraiser possible, I am indebted to Paul, and Jocelyn for their efforts on my behalf, and believing in me – God Bless.

Jocelyn Hansen,



As of December 6th, my 38th birthday, Jocelyn Hansen of Fusion Canada (Fusion west Edmonton) has become my honorary grandmother – She has inspired my soul in the virtues of, “what it means to be a true Christian.”

My Mother Irene Vastamaa/Getz,

My mother always taught me to, ‘refuse to be average.’

Ralf Laue,

Ralf Laue, continued the push-up world records when Guinness dropped such categories in greater commercial interests. The man has changed my life, and I thank him for such 😊

My Best friend John paradowski,

And to ever single person who was told – they can not do it.

Let us not forget Charles Linster, the first pioneering legend in the world records for push-ups;

Charles Linster – 6,006 consecutive push-ups – 1965, October 5th



(The first Guinness Record Holder for Push-ups)

In Charles Linster's Own words from his publicised story; Ulysses Yield

"During my life, I have fought many battles, winning some while losing others. After a loss, I still remember the moment when I stood on top of the world. That one act proved to me what I was capable of if I set my mind, body, and spirit to it. It has fortified me to go on fighting battles. The experience has stood me in good stead, because the very essence of the independent life I fought so hard to regain is struggle. The founder of the modern Olympic movement, Baron Pierre de Coubertin, equated those contests to life when he said, "The most important thing in the Olympic Games is not winning but taking part, just as the most important thing in life is not the triumph but the struggle." My greatest hope is that during my final battle I will be able to look back on my life and know in my heart that I struggled well."

Charles Linster

Robert Lewis Knecht – 7,026 push-ups (1977 Guinness)



Robert was the first to break, Charles Linster's pioneering record, and alas my newest friend.

In his words,

"I could have kept on going, but my dad insisted I stop at 7,026. He thought I might hurt myself. But I could have gone on for many thousands more. At 5,000 I hit a brick wall - started crying, my mind (and I guess my ego) was breaking down - the pain was intense! This lasted for a few hundred, then all of a sudden I hit a place of being just "in the moment" and I lost all awareness of what was going on around me. The best way to describe it is that scene in Peaceful Warrior when Dan first does his routine on the horse and he is "in the moment." Until I saw that scene for the first time I had never realized what I had experienced. So even when I look back and I remember all of the pain and trauma training for the record and everything else that was in my life back then, just experiencing that makes it all worth it!"

Robert Knecht

<http://www.expeditionnorthamerica.com/>

B-Boy James Jones



Originally we met back in the day, at the Alano Club (good times), and I am damn proud of his success's with, "So You Think You Can Dance," and all the B-Boys competitions he has won.

B-Boy Donald George Cory Hoof/CrowShoe 1972 November 22nd - 1996 October 9th



Donald I call my dimensional brother, because he now rests in another plane afar from our earthly plane. I was an honorary Pallbearer to his funeral but could not make it, Donald believe in me, and I will never forget his words before his passing, "Remember the dream."

Derrick Clark (Bionic Man)



Personally, I think,"Derrick 'Black-Beard' Clark" should be his handle, Black Beard, the most feared pirate of the 7 sea's.

And, Alas to God – only through God was any of this possible. God deserves all the Glory achieved in my life – thank-you dearly, my God.



Darryl Learie (Darryl Wayne Wellington Learie)

3 Time World Record holder

e-mail: darryl.learie@yahoo.com

website: <http://darryl-learie.wikispaces.com/>

A listings of the Push-ups world records so these champions may never be forgotten – even when future record breakers break their records.

WORLD RECORDS

- **non-stop:** 10,507; Minoru Yoshida (JAP), Oct 1980 [DETAILS](#)
- **one year:** 1,500,230; [Paddy Doyle](#) (GBR), Oct 1988 - Oct 1989
- **24 hours:** 46,001; [Charles Servizio](#) (USA), 24/25 April 1993 at Hesperia [VIDEO](#)
- **1 hour:** 3,877; Bijender Singh (IND), 20 Sept 1988 [DETAILS AND NATIONAL RECORDS](#)
- **1 hour (women):** 1020; [Alicia Weber](#) (USA), 1020, 13. August 2011 in Clermont, Florida, USA (in this hour, she did also 826 mountain climber exercises)
- **30 minutes:** 2,354; Rolf Heck (GER), 13 Nov 2000
- **30 minutes (women):** 829; [Alicia Weber](#) (USA), 8 February 2011 in Clermont, Florida, USA
- **10 minutes (women):** 450; [Alicia Weber](#) (USA), 24 May 2009 in Clermont, Florida, USA
- **5 minutes:** 441; Giuseppe Cusano (GBR), Loftus Road Soccer Stadium at the Fulham v. Portsmouth game on 24 Nov 2003
- **3 minutes (women):** 190; Renata Hamplová (TCH), Record Festival Pelhrimov 1995
- **one minute:** Record claims up to 199 in one minute have been made. We do, however, not continue to publish these record claims, because it became imp exercises at this speed. The same applies for the category "**100 push ups with legs on a 80 cm high table**" where the last verified record was 45.7 second February 2001 in Ottawa, Ontario, Canada
- **one-armed, one week (168 hours):** 16,723; [Paddy Doyle](#) (GBR), Feb 1996 in Birmingham
- **one-armed, 5 hours:** 8,794; [Paddy Doyle](#) (GBR), 12 Feb 1996 in Birmingham
- **one-armed, 1 hour:** 2521; [Paddy Doyle](#) (GBR), 12 Feb 1990 in Birmingham
- **one-armed, 30 minutes:** 1382; Doug Pruden (CAN), 30 July 2003 at the Body Quest Health Club Edmonton
- **one-armed, 10 minutes:** 546; Doug Pruden (CAN), 30 July 2003 at the Body Quest Health Club Edmonton
- **one-armed, 10 minutes (women):** 131; [Alicia Weber](#) (USA) on 17 September 2010 Clermont, Florida
- **one-armed, on back of hands, one hour:** 677; Doug Pruden (CAN) at the Body Quest Health Club Edmonton, 9 Nov 2005
- **one-handed handstand pushups:** [Yury Tikhonovich](#) (Russia) did twelve pushups while standing on one hand in June 2006 at the Starclub variete in Kas day in the rehearsal for his show [VIDEO \(AVI, 1.3 MB\)](#)
- **on fists:** 5557 (in 3:02:30 hours), Doug Pruden (CAN), 9 July 2004, Body Quest Health Club Edmonton
- **1000 pushups on fists:** 18:13 minutes, Doug Pruden (CAN), 9 July 2003 at the Body Quest Health Club Edmonton
- **on back of hands, 15 minutes:** 627; [Paddy Doyle](#) (GBR), 8 November 2007, Stamina's Boxing Self Defence Gym, Erdington, Birmingham [RECORD HIS](#)
- **on back of hands, 30 minutes:** 1386; [Paddy Doyle](#) (GBR), 8 November 2007, Stamina's Boxing Self Defence Gym, Erdington, Birmingham [RECORD H](#)
- **on back of hands, 1 hour:** 1940; [Paddy Doyle](#) (GBR), 8 November 2007, Stamina's Boxing Self Defence Gym, Erdington, Birmingham [RECORD HISTO](#)
- **finger-tips, 5 hours:** 8,200; Terry Cole (GBR), 11 May 1996 in Walthamstow
- **one finger:** 124 Paul Lynch (GBR), 21 April 1992 in London
- **with a 50 lb [22.68 kg] plate weight on his back:** 4,100; [Paddy Doyle](#) (GBR), 28 May 1987 in Birmingham
- **with hands on raw eggs:** 112; Johann Schneider (AUT) / a video can be downloaded here [as Quicktime video](#) (1.2 MB) or [AVI video](#) (1.4 MB)
- **one-armed, with hand on a raw egg:** 7; Darryl Learie (Canada), 19 October 2011 in Edmonton, Canada [VIDEO](#)
- **while balancing on three medicine balls (diameter: 24 cm), 1 minute:** 61; Stephan Kristian (GBR) on 13 July 2008 at the Fitness First Health Club
- **while balancing on three medicine balls (diameter: 22 cm), 1 minute (women):** 47; April Calderon (USA), 7 October 2011 at Anytime Fitness Gym
- **4 hr relay (team of 10):** 14907; Gatwick Airport Fire Service (Andrew Horstead, Clwyd Jones, Stuart Coxhill, Steven Bartlett, Jerramy Davison, Darryl Hollman, Ian Mclean, Great Britain) at 18 November 2005 at Gatwick Airport

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- **one-armed, 5 hours:** 8,794; [Paddy Doyle](#) (GBR), 12 Feb 1996 in Birmingham
- **one-armed, 1 hour:** 2521; [Paddy Doyle](#) (GBR), 12 Feb 1990 in Birmingham
- **one-armed, 30 minutes:** 1382; Doug Pruden (CAN), 30 July 2003 at the Body Quest Health Club Edmonton
- **one-armed, 10 minutes:** 546; Doug Pruden (CAN), 30 July 2003 at the Body Quest Health Club Edmonton
- **one-armed, 10 minutes (women):** 131; [Alicia Weber](#) (USA) on 17 September 2010 Clermont, Florida
- **one-armed, on back of hands, one hour:** 677; Doug Pruden (CAN) at the Body Quest Health Club Edmonton, 9 Nov 2005
- **one-handed handstand pushups:** [Yury Tikhonovich](#) (Russia) did twelve pushups while standing on one hand in June 2006 at the Starclub variete in Kassel (Germany). He repeats this feat almost every day in the rehearsal for his show [VIDEO \(AVI, 1.3 MB\)](#)
- **on fists:** 5557 (in 3:02:30 hours), Doug Pruden (CAN), 9 July 2004, Body Quest Health Club Edmonton
- **1000 pushups on fists:** 18:13 minutes, Doug Pruden (CAN), 9 July 2003 at the Body Quest Health Club Edmonton
- **on back of hands, 15 minutes:** 627; [Paddy Doyle](#) (GBR), 8 November 2007, Stamina's Boxing Self Defence Gym, Erdington, Birmingham [RECORD HISTORY](#)
- **on back of hands, 30 minutes:** 1386; [Paddy Doyle](#) (GBR), 8 November 2007, Stamina's Boxing Self Defence Gym, Erdington, Birmingham [RECORD HISTORY](#)
- **on back of hands, 1 hour:** 1940; [Paddy Doyle](#) (GBR), 8 November 2007, Stamina's Boxing Self Defence Gym, Erdington, Birmingham [RECORD HISTORY](#)
- **finger-tips, 5 hours:** 8,200; Terry Cole (GBR), 11 May 1996 in Walthamstow
- **one finger:** 124 Paul Lynch (GBR), 21 April 1992 in London
- **with a 50 lb [22.68 kg] plate weight on his back:** 4,100; [Paddy Doyle](#) (GBR), 28 May 1987 in Birmingham
- **with hands on raw eggs:** 112; Johann Schneider (AUT) / a video can be downloaded here [as Quicktime video](#) (1.2 MB) or [AVI video](#) (1.4 MB)
- **one-armed, with hand on a raw egg:** 7; Darryl Learie (Canada), 19 October 2011 in Edmonton, Canada [VIDEO](#)
- **while balancing on three medicine balls (diameter: 24 cm), 1 minute:** 61; Stephan Kristian (GBR) on 13 July 2008 at the Fitness First Health Club in Telford
- **while balancing on three medicine balls (diameter: 22 cm), 1 minute (women):** 47; April Calderon (USA), 7 October 2011 at Anytime Fitness Gyms in Dunedin, Florida
- **4 hr relay (team of 10):** 14907; Gatwick Airport Fire Service (Andrew Horstead, Clwyd Jones, Stuart Coxhill, Steven Bartlett, Jerramy Davison, Darryl Graham, Albert Lawson, Luke Philpott, Darren Hollman, Ian Mclean, Great Britain) at 18 November 2005 at Gatwick Airport

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One-Armed, with hand on raw egg: 7;Darryl Learie (Canada), 19 October 2011 in Edmonton, Canada